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metroSPORTS

JEFF HARPER/METRO

Cyclists want to end the 'tragedy'

ROAD SAFETY

Bike group calls for side guards on trucks after latest fatality



Haley Ryan
Metro | Halifax

In the wake of the second cyclist death in the past two years, the Halifax Cycling Coalition (HCC) hopes to see changes that could prevent future fatalities.

Halifax Regional Police said a 49-year-old cyclist was struck Wednesday morning by a propane truck on Purcell's Cove Road. She died at the scene.

"It's a tragedy. You almost don't know what to say or how to react," said HCC board member Blair Barrington. "It's the kind of thing you never want to hear about."



If everybody had side guards, there'd be less accidents.... They save lives. Blair Barrington

Barrington said the HCC would like protective side guards installed on large trucks across Halifax, as has happened in cities like Boston and Montreal.

There have been four cyclist deaths in the past 10 years across the Halifax region, Barrington said, all involving large trucks.

In May 2014, Johanna Dean of Dartmouth was hit by a truck and died. After her death, Dean's family and the HCC renewed a call for protected bike lanes and other safety measures to ensure it never happened again.

The side guard forms a barrier on the sides of the vehicle down to the ground, like a fence, Barrington said, and prevents someone on a bike from being pulled under the truck if they're hit.

"It can reduce the chance of

a collision like that being fatal by about 61 per cent," Barrington said.

City staff are now working on an information report into the feasibility of installing side guards on city trucks and those contracted out by HRM.

Although Barrington said side guards are effective harm reduction, it's especially important to reduce areas where cyclists and large trucks come into contact.

At the end of the day, Blair Barrington said it's not helpful to get "caught up" trying to place blame.

"It's much more important for us to have a real conversation," he said.

metr More coverage, page 4



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TRAILER PARK BOYS

Lahey, Randy urge students to cast vote



Zane Woodford
Metro | Halifax

If you don't vote, you're a s— weasel.

That's the message from drunk trailer park supervisor Jim Lahey and his cheeseburger-loving partner in crime Randy in a new video from the Dalhousie Student Union.

"My job today is to encourage all you little s— apples to get out and vote," says Lahey, played by actor John Dunsworth, in the video.

Lahey tells Randy that students can have an effect on the outcome of the upcoming election if they vote.

Randy, played by actor Pat Roach, asks if Lahey will be running for Prime Minister, and says he'll be voting for the

Cheeseburger Party.

The video is part of the student union's #itsnosecret campaign, urging students to get to the polls.

Polls are set up at Dalhousie this week till Thursday at 8 p.m., allowing students to vote in their home ridings.

The Cheeseburger Party, unfortunately for Randy, won't be on any of the ballots.



It's no secret that students, all across this world, they can have an effect on this next election, Randy ... if they vote.

Mr. Lahey in the video



Randy and Mr. Lahey want you to vote. YOUTUBE

No Harper in Halifax



With less than 2 weeks to go in campaign, PM still a no-show



Stephanie Taylor
Metro | Halifax

Although shipbuilding and jobs are party prerogatives for the federal Conservative leader, it seems that a campaign stop in Halifax is not.

With just a week-and-a-half left before voters go to the polls, Prime Minister Stephen Harper has yet to make an appearance in the city, despite a visit to party faithful in Cumberland-Colchester.

The closest campaign event yet was a recent appearance by Defence Minister Jason Kenney.

"It's not over yet, so I'm still hoping we might get him here," Jason Cole, Tory candidate for Dartmouth-Cole Harbour said Wednesday.

"It's always good to have the leader here in every riding, but given there's 338 ridings, I can imagine that's a tall order."

The past number of weeks has featured campaign stops from other party leaders, Liberal Justin Trudeau, the New Democrat's Tom Mulcair and the Green Party's Elizabeth May.

The 2011 federal election saw Harper make a stop on his campaign tour, but when asked whether the Prime Minister intended a visit this time around, a Conservative spokes-



Conservative Leader Stephen Harper speaks during a campaign stop at Global Systems Emissions Inc., in Whitby, Ont., on Tuesday. NATHAN DENETTE/THE CANADIAN PRESS



Even if he doesn't make it to our riding, he has certainly been a friend of Halifax.

Conservative candidate Jason Cole of Prime Minister Stephen Harper

person told Metro Halifax in an email, "information about events is sent out a day or two in advance."

Cole insists that Harper's personal presence is irrelevant to party supporters, who need only to look at projects, such as the Irving Shipyard or new Halifax Central Library, to see

the government's support.

"Even if he doesn't make it to our riding, he has certainly been a friend of Halifax," Cole said.

Critics could safely point to the Tories' history of sluggish performance in the polls as a possible reason for Harper's no-show.

That, coupled with how most bets are placed firmly on the either the Grits' or NDP's candidates to land a federal seat, the chances of sending a Conservative to Ottawa from a Halifax-area riding are slim.

But with the recently inked Trans-Pacific Partnership Trade Deal and ongoing talks around the National Shipbuilding Procurement Strategy, one Tory runner still holds out hope.

"I don't doubt that we'll see him one more time before October 19th," Robert Strickland of Sackville-Preston-Chezzetcook said Wednesday.

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HALIFAX

ANNAPOLIS VALLEY

Man accused of defrauding choir

A former member of the Annapolis Valley Honour Choir stands accused of defrauding the organization.

Allan Joseph MacDonald, 53, is facing one charge of fraud over \$5,000. The charge stems from a nine-month in-

vestigation.

The first complaint received by Kings District RCMP came on Dec. 5, 2014.

"Kings District RCMP received a complaint of an alleged internal fraud from the Annapolis Valley Honour Choir," reads a police statement. "An investigation began that determined that over a four-month period, approximately \$14,000 had gone missing."

MacDonnell, a resident of Coldbrook, is due in Kentville provincial court on Dec. 7.

The choir offers an instructional music program that focuses on vocal training.

METRO

+ MUSIC

According to the organization's website, "there are currently 120 talented choristers from Grades 5 to 12 in these growing ensembles, representing over 18 communities from across the Annapolis Valley."

CRIME

Needs Convenience robbed once again

A Halifax convenience store with a history of robberies was hit once again early Wednesday morning.

Around 1:40 a.m., Halifax Regional Police patrol members responded to a report of a robbery at the Needs Convenience store on the corner of Chebucto Road and Windsor Street.

According to a release, a man entered the store and demanded money from the clerk.

Police said a weapon was not seen, although the man said he had one.

5

The convenience store has been robbed five times in the past year.

The thief fled with a quantity of cash, police said, and a track attempted by a K-9 unit wasn't successful.

Police are looking for a man described as a white and about five-

foot-five with blond hair in a ponytail. He was wearing a red jacket and jeans. METRO

DARTMOUTH

Taser, pepper spray used during assault

A 43-year-old man is facing charges after an assault in Dartmouth early Wednesday morning.

Halifax Regional Police say that around 1:20 a.m., someone assaulted a man with a Taser and pepper spray in the area of Albro Lake Road and Sheridan Street.

Police were called, and the 43-year-old was arrested

+ MEDICAL AID

Paramedics treated the victim, a 32-year-old man, at the scene.

at the scene. He was due in Dartmouth provincial court Wednesday to face weapons charges. METRO

IN BRIEF

Shelburne man, woman face drug-trafficking charges

Two people are facing drug-trafficking charges after police seized prescription drugs and marijuana from a home in Shelburne on Tuesday.

A 55-year-old man and

a 52-year-old woman, both from Shelburne, are facing charges under the Controlled Drugs and Substances Act.

They have been released from custody and are set to appear in Shelburne provincial court on Jan. 27. METRO



The wrecked bicycle lays at the scene of Wednesday's collision. The cyclist was struck by a propane truck. She later died of her injuries. JEFF HARPER/METRO

Police investigate details of fatal crash

ROAD SAFETY

Victim has been identified as 49-year-old woman



Haley Ryan
Metro | Halifax

Police are investigating the cause of a fatal crash in which a 49-year-old cyclist died after she was hit by a truck Wednesday morning in Halifax.

Halifax Regional Police said they were called to the collision at the intersection of Purcell's Cove Road and Spinnaker Drive around 8:40 a.m.

The propane truck hit the woman as she was travelling in the area, and she died at the scene as a result of her injuries, spokeswoman Const. Stacey Opalka said.

"We're still investigating exactly the details of the collision that took place," Opalka said.

Opalka said "limited details" are available about the colli-

“Our thoughts are definitely with the family.”

Const. Stacey Opalka

sion, and exactly where and how the cyclist was hit is part of the investigation.

The propane truck was driven by a 57-year-old man, Opalka said.

The accident investigation unit was on scene until mid-afternoon Wednesday, and the

section of Purcell's Cove Road between Spinnaker Drive and Herring Cove Road was closed while they examined the area.

Officers could be seen inspecting the propane truck and the road while the badly damaged bicycle with a bent tire and frame lay a few feet away.

Police have identified the woman but are not releasing her name until her family members can be notified, Opalka said.

Anyone with information about the incident is asked to call police at 902-490-5020.

SEXUAL ASSAULT

Halifax bar worker's case adjourned



Zane Woodford
Metro | Halifax

A man accused of aggravated sexual assault who was allowed to keep his job at a downtown Halifax bar has had his case adjourned until next month.

Lance Paul Seward was charged in September with four counts each of overcoming resistance to the commission of an offence by attempting to choke, suffocate or strangle another person; aggravated sexual assault; and sexual assault with a weapon, threats to a third party

or bodily harm.

In Halifax provincial court on Wednesday, Seward's lawyer appeared on his behalf and asked that the case be adjourned until Nov. 10 because he had not yet received disclosure of the evidence against his client from the Crown, though he was expecting to receive it on Thursday.

Seward's lawyer, Ian Hutchison, declined a request for comment outside court Wednesday.

Last month, Metro reported that Seward was allowed to keep his job at the Bitter End on Argyle Street despite the allegations against him.

The bar's owner, Michael



The front window pane of the Bitter End. JEFF HARPER/METRO

Leigh, denied any knowledge of those allegations but was listed on court documents as

Seward's surety.

The offences are alleged to have occurred between Jan. 1, 2013 and Feb. 28, 2015.

Seward was released after appearing in court on Sept. 2 on the conditions that he keep the peace, appear in court as directed, notify the court of any changes in residence, not have any firearms — unless to deposit them to police — and not contact or be within 100 metres of the victim.

The identity of the complainant in the case is protected by a publication ban.

Seward is due back in court on Nov. 10 at 9:30 a.m.



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A new space to solve problems

COMMUNITY

Project aims to bring together resources from entire province

Emma Davie
For Metro | Halifax

Nova Scotians will soon have a physical space to interact with experts and researchers to solve community problems.

Funding was announced Wednesday afternoon for the Change Lab Action Research Institute (CLARI) at Saint Mary's University.

CLARI will be a self-sustainable, non-profit organization

that lends resources to help social and economic development across Nova Scotia.

"These challenges can't be solved in isolation. We need to bring different perspectives and expertise together in a creative environment, and CLARI will be that place," said Labour and Advanced Education Minister Kelly Regan. "This project will have benefits for us all. It will help Nova Scotia grow."

The Department of Labour's Excellence and Innovation Program has given CLARI a grant of \$1.1 million over two years.

CLARI will launch next fall and be based at Saint Mary's, with \$800,000 being used to renovate existing infrastructure.

CLARI's other academic partners include Cape Breton University, Mount Saint Vincent University, Acadia University, St. Francis Xavier University, Université Sainte-



It's about change for our economy, for business and for our culture here in the province of Nova Scotia.

Robert Summerby-Murray

Anne and NSCC.

"You'll often see something that is an issue in one community, and somebody else

has the solution on the other end of the province. And this is to bring everybody together," said Regan.

"It is very much a network, more than Saint Mary's being the hub," added Kevin Vessey, dean of graduate studies and research at Saint Mary's.

Vessey gave a few historical examples where CLARI would have been helpful, such as the Yarmouth ferry discussions. Using Sainte-Anne as a base, they could access the other partners via video links.

Vessey toured other social-innovation centres to try to get an idea of what they needed to prioritize.

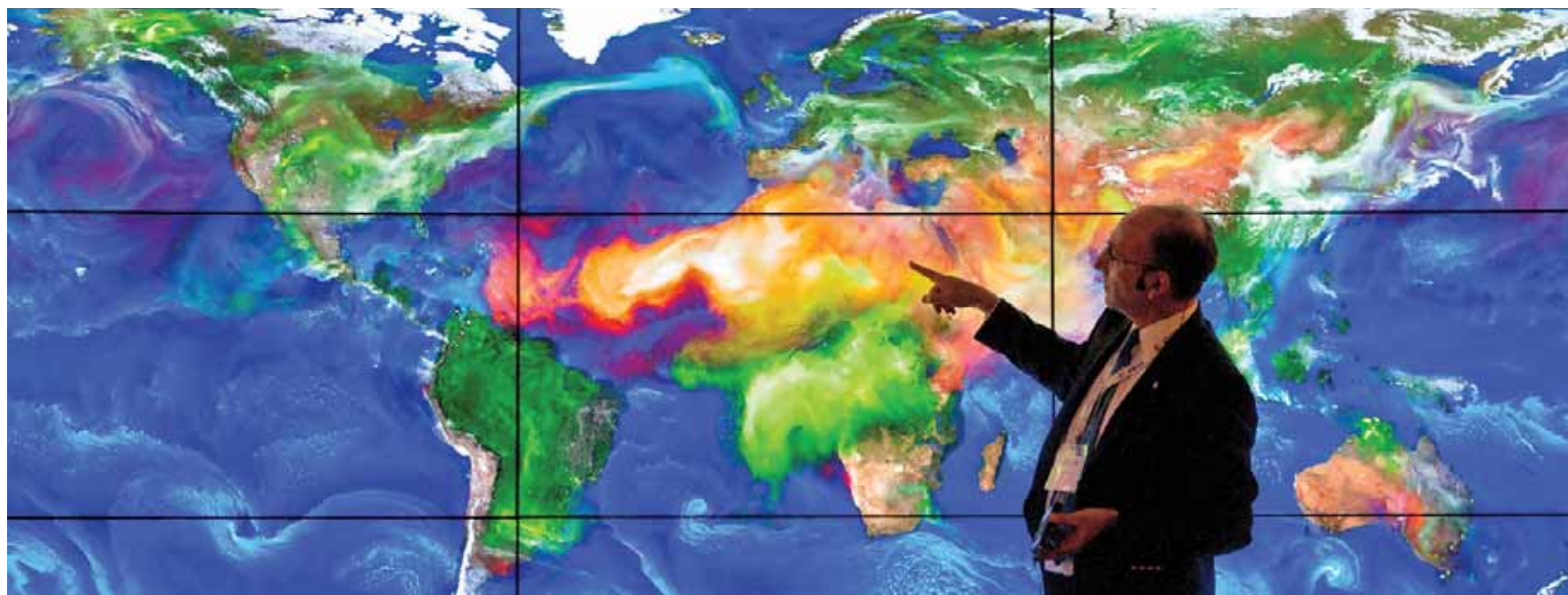
"One of the first things we were told is that the physical space is vitally important to have those facilitated discus-



Advanced Education Minister Kelly Regan talks with Dr. David MacKinnon, left, from Acadia University and Saint Mary's president Robert Summerby-Murray about plans for CLARI on Wednesday. EMMA DAVIE/METRO

sions with community members," he said. "It was a little surprising to me how important that friendly, welcoming, flexible space is."

Vessey said communities can start contacting CLARI about getting help now, but the work toward a solution won't begin until next fall.



SYMPOSIUM MAPPING, MODELLING AND MANAGING THE EARTH'S ENVIRONMENTS David Green from NASA shows school kids a map of air and pollutant currents on a Hyperwall at the World Trade and Convention Centre on Tuesday. The ninth Symposium of the International Society for Digital Earth is taking place in Halifax through Friday. JEFF HARPER/METRO

TOUR

Blue Rodeo returning in 2016

Five days in May — or, just one in February.

The Canadian band Blue Rodeo is coming to Halifax.

The band will play at the Scotiabank Centre on Feb. 24.

The Halifax show is one of 24 in Blue Rodeo's upcoming cross-Canada tour this winter.

The band will release their new album, Live At Massey Hall, next Friday.

Tickets for the Halifax show go on sale next Friday, Oct. 16 at 10 a.m.

Tickets range from \$55.50 to \$69.50 and are available at



Blue Rodeo releases their new album next Friday. CONTRIBUTED

the Scotiabank Centre, Ticket Atlantic box office, participating Atlantic Superstores and online.

Fans also get a free digital download of any Blue Rodeo album with their ticket purchase. METRO

MACDONALD BRIDGE

The Big Lift 'chugging along'



Haley Ryan
Metro | Halifax

The Big Lift may be a month behind schedule, but the project's chief engineer said there's nothing wrong with "being cautious."

Although the major redecking project for the Macdonald Bridge was originally scheduled to see segments lifted in place by early September, Jon Eppell said prep work and fabrication of the new pieces has been "chugging along."

"We're just about there and in another week we will be pulling the trigger and saying we are going to install," said Eppell, chief engineer and Big Lift project manager, on Wednesday.

Eppell said that as of Wednesday there were eight segments of the total 46 ready to go — three fully painted and paved, with more rolling out every day.

The first weekend the segments are being placed will like-

ly see the bridge closed over those two days as workers get the hang of things, Eppell said.

After that, Eppell said, the segment work can hopefully be done in roughly 10 hours overnight on weekends and during the week.

With a project of this scale, Eppell said, having a month delay in construction shouldn't affect the timeline, which sets completion for December 2016.

8

Number of segments waiting to be lifted in place



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Death 'not horseplay': Judge

COURTS

Teenager told that he should have known consequence

A 15-year-old Cape Breton boy has been found guilty of criminal negligence causing death after he pushed a fellow schoolmate down a snowy embankment and under the wheels of a moving bus, killing the teen instantly in front of horrified classmates.

Provincial court Judge Peter Ross dismissed the defence's assertion that the accused was acting like a typical boy his age and was engaged in ordinary horseplay at the time, saying the young man should have known his actions could have deadly consequences.

"It is not horseplay to push someone in the path of an approaching vehicle, knowing that it is approaching," he said in his address to the court in Sydney.

The teen, who can't be named under the Youth Criminal Justice Act, stared straight ahead and showed no emotion as he sat on the front bench and the judge read the verdict in the small but packed courtroom. One family member broke down in tears

+ SENTENCING

The boy will be sentenced on Dec. 7, when it's expected a pre-sentence report will be presented along with victim impact statements.



Sydney Academy at Terrace Street on the afternoon of Feb. 11, shortly after student Christopher Chafe was run over and killed by a school bus. CAPE BRETON POST

before quickly leaving.

The young boy was accused of using two hands to shove 18-year-old Christopher Chafe down an embankment outside Sydney Academy last winter. Court heard the rear wheels of the bus rolled over Chafe's head and he was pronounced dead at the scene on Feb. 11.

Defence lawyer James Snow said Chafe's grisly death was the result of "momentary in-



Even at 15 years of age, (he) was capable of appreciating the risk entailed. His act was highly reckless. Judge Peter Ross

advertence," not reckless behaviour. He told the judge-only trial that there was rowdy "goofing around" among students outside the academy that day, but he said there was no evidence of

fighting or aggression.

Court heard that the two boys were engaged in banter about what might happen if the young teen pushed Chafe down the snowbank, with some witnesses

testifying that Chafe goaded the boy to push him.

Ross said the school's principal said she asked the boy if he pushed Chafe, and he responded, "Yes, but he told me to."

Court also heard that the boy had pushed Chafe once before the final and fatal shove sent him sliding down the bank onto a slush-covered street.

Calling it an "ominous precursor," Ross said that should have

+ TRAUMA

Crown prosecutor Steve Melnick said outside court that the case was unusual and difficult to try because of the accused's age, conflicting testimony and the lack of similar case law.

Ross had asked the Crown and defence lawyers to search for more case law on the subject to help him determine how the age of the accused should factor into his decision.

"What you're dealing with is a number of young kids witness a very traumatic event," he said. "They had to deal with their own shock issues themselves, so it was a very trying case that way."

given the boy a clear understanding of what might happen to Chafe if he were pushed.

"He had, with that first push, a calibration of the force which would topple (Chafe) off the snowbank. He saw, with his own eyes, where he might land," the judge read.

Ross also said the boy would have seen the bus approaching, countering a defence argument that it was reasonable to conclude the accused did not see the bus until it was too late, based on the fact that neither boy was facing the approaching vehicle.

However, the Crown argued that evidence from the majority of the witnesses showed both they and the accused knew the yellow, 11-metre bus was coming at a relatively slow speed.

THE CANADIAN PRESS

IN BRIEF

Erratic driver causes school secure-and-hold

Lunenburg RCMP arrested a 17-year-old boy Tuesday after an erratic driver caused a secure-and-hold at two schools in Chester.

RCMP received a call about a dangerous driver around 10:30 a.m. near Chester School and Chester Area Middle School.

When they got there, police say, they found out that two males were driving in an erratic manner around and on school property.

They say the two males were driving on sidewalks, walkways and on a soccer field.

The schools were placed in a secure-and-hold as the situation unfolded.

Later that afternoon, police arrested the 17-year-old boy and charged him with

dangerous driving, mischief, causing a disturbance and breach of probation.

THE CANADIAN PRESS

More charges for man accused of murder

A Glace Bay man who is already awaiting trial on a charge of second-degree murder elected to be tried in Supreme Court on unrelated charges.

Morgan James MacNeil, 24, is facing charges of uttering a threat, breaching a court order and intimidation of a witness.

MacNeil also elected this week to have a preliminary hearing, which is now scheduled for March 23.

He continues to be on remand on the murder charge and is scheduled to stand trial on that offence early next year.

The charge relates to the 2012 death of 21-year-old Laura Catherine Jessome. A second accused, Thomas Ted Barrett, 40, also of Glace Bay, will stand trial on the charge as well. TC MEDIA

CBRM council approves radio purchases for volunteer fire departments

Cape Breton Regional Municipality council has agreed to spend \$480,000 over three years to buy additional encrypted digital radios for volunteer fire departments.

They have also signed a 10-year agreement to use Bell's communications towers. The company was contracted by the Nova Scotia government to build and operate the province-wide network for the radio system.

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WM Fares Group is entering a process to develop a building with commercial space and 170 residential units on Brenton Street, across from Victoria Park. CONTRIBUTED

Look up, Halifax

BRENTON PLACE

Design experts to deliberate on proposed 16-storey tower



Stephanie Taylor
Metro | Halifax

A committee of design experts in Halifax will get their first look at a new mix-use 16-storey tower proposed for Brenton Street.

Located on the corner where Brenton meets Brenton Place, just minutes away from the Trillium development on South Park Street, the new tower is planned to feature 15,340 square feet of ground-floor commercial space as well as two levels of underground parking and 170 residential

units.

Drawings show the exterior clad in a glass curtain of windows along the street front, switching to aluminum composite panels on upper levels.

"It's where the city and we see densification for the area," Cesar Saleh, professional engineer with WM Fares Group, said of the site Wednesday.

Whether the development will offer rental apartments, condominiums or a mix of both is still to be determined, he said.

A rooftop penthouse and terrace are also in the works.

"The design and the proposal responds to the site context of an urban core," Saleh explained, citing the building follows a majority of existing guidelines and land-use bylaws set out for the city's downtown.

In fact, he said, the variances being requested are "very minor in nature."

+ ENGAGEMENT

Cesar Saleh expects that a public engagement session will take place in the coming months, with the aim to gain approval from HRM in December or January.

According to design documents, the developer is asking for five amendments, including street wall height and rear and side setbacks, which Saleh said are to counteract a natural slope on the site.

Saleh said Thursday's presentation to the city's design-review committee will give members the opportunity to offer feedback before the project enters a formal application process. That application is expected to happen within the next six weeks, he said.

EVENT

City to host rally for refugees

A rally and march for refugees will be held in Halifax on Saturday.

Refugees Welcome, a grassroots movement seeking justice for refugees and displaced people, is hosting the event.

"The Halifax rally is to show how Nova Scotians are ready

and willing to do their part in assisting and accepting refugees in Nova Scotia," Andy Blair of the Maritimes chapter of Refugees Welcome said in a statement.

"Our elected leaders must step up if we want to make any real impact on the grow-

ing refugee crisis."

The march starts at 1 p.m. on Marginal Road near the Farmer's Market, and the rally at 2 p.m. at Grand Parade.

The event will be held rain or shine, and those attending may wear white to show their support. METRO

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Musical duo Luke Doucet and Melissa McClelland — better known as Whitehorse — are on the road to support their latest effort, *Leave No Bridge Unburned*. CONTRIBUTED

‘We’ve thrown the rule book out’

BACKSTAGE PASS

Partners in life, music on tour to support new album

Aly Thomson
For Metro | Halifax

Luke Doucet says he and his wife Melissa McClelland are getting away with murder.

The married musical duo, known as Whitehorse, are new parents that are touring North America in support of their new album *Leave No Bridge Unburned*.

It's not exactly the textbook formula for a successful folk-rock band, said Doucet.

“One of the things that has defined the arc of this band is that we get away murder,” said Doucet, who started the band with McClelland about four years ago.

“Melissa and I aren’t supposed to be together because I’m the producer and she’s the artist. And then we got married and you’re not supposed to start a band together, and yet here we are.

“And then you’re not supposed to have a baby and stay on the road, because that doesn’t work, but it does for us. We’ve thrown the rule book out.”

Whitehorse will take the stage at the Rebecca Cohn Auditorium on Thursday.

Doucet said playing in Halifax is always a homecoming of sorts because of his



I was born in Halifax and I have family in Antigonish and Amherst. My father’s from Cape Breton and my mother’s from Amherst.

Luke Doucet, on playing in Halifax

various connections to Nova Scotia.

“It’s really personal for me because I was born in Halifax and I have family in Antigonish and Amherst. My father’s from Cape Breton and my mother’s from Amherst,” said Doucet in a recent phone interview from his home in Toronto.

In fact, Doucet’s father, who is from Cheticamp, will be joining them for a portion of their fall tour to take care of his grandson Jimi.

But the family connec-

tions aren’t the only reason Whitehorse likes performing in Nova Scotia’s capital. Calling it the “downtown of the Maritimes,” Doucet said Halifax is a musical hub.

“There’s a disproportionate amount of cultural and musical artistic energy in the city, kind of like Toronto in that sense,” said Doucet.

“Toronto is one of these places that a lot of people from the rest of the country go to be artists, so there’s a certain energy that exists in the city, and I think Halifax

has that energy to a certain degree as well for Maritime artists.

“That has a great impact on a city and it makes it fun to play.”

As the album title suggests, *Leave No Bridge Unburned* explores themes of betrayal, sorrow and lust.

And while they sometimes draw inspiration from the people in their lives, Doucet said they are also fictional storytellers.

“Elvis Costello and Tom Waits, who are two of my favourite writers, if you assume that they’re telling the truth in their songs, imagine the lives they would have to lead in order to come up with those stories,” said Doucet.

“They’re both aging men

+ TICKET INFO

Whitehorse plays at the Rebecca Cohn Auditorium at 8 p.m. Tickets are \$31.50 and are available through the Dalhousie University Arts Centre.

with happy families and children. At some point, a writer has to become a creative writer and you have to make stuff up, that’s your job.

“I think we get caught up in trying to tell the truth sometimes and I think it’s overrated.”

The band is getting ready to record a new EP and are working on getting into the studio for their next full-length album early next year.

SCIENCE

Cape Bretoners ‘proud’ of McDonald’s win in physics

It’s not every day that Cape Bretoners wake up to news that one of their own has won a Nobel Prize.

But that’s exactly what happened this week as an early Tuesday morning announcement from the Nobel Prize committee named Sydney

native Arthur B. McDonald as co-winner of the 2015 Nobel Prize in Physics for his work on tiny particles known as neutrinos.

The news was particularly thrilling for students and staff at Sydney Academy, where McDonald attended high

school in the late 1950s.

Principal Kevin Deveaux said it’s very exciting to add Nobel Prize winner to the list of Sydney Academy alumni accomplishments.

“There’s an illustrious list of student achievements from graduates here and this is one

of the most remarkable that we’ve heard about so we’re very proud that he was a student from Sydney Academy and from Sydney,” he said.

Retired MLA Manning MacDonald attended Sydney Academy with McDonald and remembers him as a very smart

young man.

“He was certainly looked up to, even back in those days, as a scholarly-type guy. He was very bright and even at that young age at the academy, he stood out as somebody who was extremely bright,” he said. “He was

the kinda guy that you knew was destined to do something great.”

And some 55 years later, he has a Nobel Prize to his name.

“He’s certainly made Sydney proud,” said MacDonald. “I’m very happy for him.”

TC MEDIA

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READY TO ENGAGE

Metro's coast-to-coast daily election series connects young, urban Canadians to the issues they care about



VOTER PROFILE

Name: Kevin Settee **Age:** 25 **Riding:** Winnipeg Centre
His issues: Tuition reform, climate change, child care, oilsands expansion and indigenous rights

Petty politics won't resolve problems



ROSEMARY WESTWOOD
in Winnipeg

There are fewer than two weeks left in this election, and Kevin Settee is feeling overloaded.

He also sounds disgusted. In the 25-year-old's riding, Winnipeg Centre, candidates have been battering each other over who has real street cred — i.e. condemning each other for not living in the riding. NDP incumbent Pat Martin has had to apologize for profane outbursts aimed at competitors (e.g., "political slut" and "son of a bitch"). "It's disrespectful to the constituents," Settee says of the petty politics. Born and raised in the city's west end and a new father to a nine-month-old boy, Settee calls the race "the laughing stock of Canada."

"That's overshadowed a lot of the issues that we experience here in Winnipeg Centre. Real issues aren't being talked about or addressed."

As an urban geography student at the University of Winnipeg, top of mind for Settee is student tuition, debt and job prospects. He speaks of employment as a matter of dignity.

"In Canada, our students have a combined \$16-billion debt for student loans.

That's not even including student lines of credit and credit cards. When students graduate they're going into a precarious job market that doesn't pay good, and it's very difficult for them to start a family or buy a home and start to contribute to the economy."

As a new father, he's also concerned about access to quality child care.

"In the inner city of Winnipeg, there's high rates of poverty and families living in poverty. One of the ways to address that is child care." Single parents or those struggling can go back to school or get training to find jobs if they have child care, he says.

Settee is also concerned about pipeline development, the expansion of the oilsands and the impact of both on climate change.

"I'd like to hear Canada talk about a transition plan. What's the transition going to look like from an economy dependent on fossil fuels and the development of tar sands and moving into more renewable, clean energy sources, such as geothermal, hydro, wind, solar," he says. "In terms of me and my son and my grandchildren, I think we need to start looking at ways to address climate change and protecting water for the next seven generations."

He's got more research to do before deciding how to vote but he says he's skeptical of the NDP's plan to build refineries on Canada's coasts and also criticized the Liberals for supporting Bill C-51.

He'd like to see an MP with a strategy to help increase jobs and economic prospects on First Nation reserves and a strategy to unify support for indigenous Canadians moving to bigger cities. An MP that will improve the integration of immigrants into Winnipeg, too.

"I want to vote for somebody who understands the community, is going to best represent Winnipeg Centre in Parliament, who's going to stand up for services and advocacy that Winnipeg Centre residents need," he says, adding that he'd also like "a government that respects indigenous pluralism and self-determination, on and off reserves."

Settee's not sure if any party can or will change the way indigenous Canadians are treated. "I don't think it's given. I think you need to advocate for yourself and your community. We have to work hard for our rights."

Rosemary Westwood is travelling across the country talking to young voters. She'll be in Toronto tomorrow.

Environmental issues 'derailed'

As campaign riles up, leaders shift focus from climate change



Matt Kieltyka
Metro | Vancouver

Recent political bickering has sidelined an otherwise strong showing for environmental issues in this federal election, according to the David Suzuki Foundation.

With huge commitments for transit infrastructure spending by all parties, the NDP's proposed cap-and-trade system, the Liberals' plan to phase out fossil-fuel subsidies and the Greens calling out the other parties for their continuing support — explicit or otherwise — for various pipeline projects, foundation spokesman Alvin Singh is satisfied the environment has worked its way into the public's mind.

"(The leaders) have been talking about how the environment isn't a distinct issue," said Singh, who sees environment, health care and the economy as entwined issues that can't



As the federal leaders have squared off, the David Suzuki Foundation has praised the NDP's plan for a cap-and-trade system as "one of the most powerful government incentives" available to address climate change. THE CANADIAN PRESS FILE

be treated separately. "Across the board, parties are starting to invest in transit infrastructure, and a number of parties are talking about transitioning to a fossil-free future."

The focus on the big picture issues, and the recognition that the environment plays a crucial role in all of them, is progress in itself, according to Singh.

However, talk of the economy, health care and the environment — while featured prominently in the early debates — seems to have been pushed aside in favour of the furor over niqabs, national security and human rights of

late.

As leaders have gotten riled up and the intensity of the campaign has ratcheted up, Singh admits talk of the environment has been "derailed" to some degree, at the expense of what matters most to voters.

According to a recent poll conducted by the Environics Institute and the David Suzuki Foundation, 61 per cent of Canadians believe government should co-operate with other nations to reduce carbon emissions, even if it results in some job losses and higher prices for some goods, and the majority (58 per cent) are in favour of a carbon tax similar to British Columbia's.

When it comes to each party's platform, the David Suzuki Foundation is still crunching the data and preparing their environment report card for after the Oct. 19 election.

(The leaders) have been talking about how the environment isn't a distinct issue.

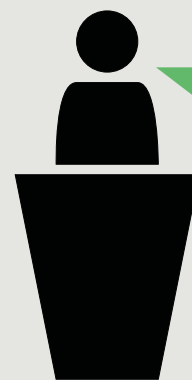
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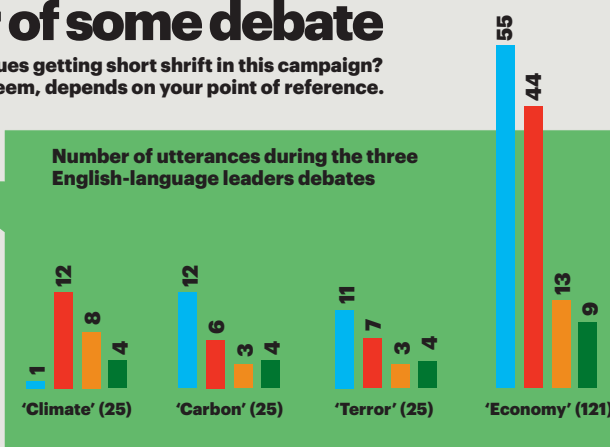
BY THE NUMBERS

A matter of some debate

Are environmental issues getting short shrift in this campaign? The answer, it would seem, depends on your point of reference.



Number of utterances during the three English-language leaders debates



Harper vows wider niqab ban

ELECTION 2015

NDP, Liberals condemn plan as bid to distract voters

Stephen Harper took the politics of niqabs to a higher level Wednesday, suggesting a re-elected Conservative government would consider legislation banning the Muslim face covering for anyone dealing with — or working for — the federal government.

He opened the door earlier in the week with a CBC television interview, saying niqabs could be nixed in the public service — echoing similar comments last week in the French-language leaders' debate.

But on Wednesday, the Conservative leader went further, lauding Quebec's Bill 64, which requires those who wear face coverings to remove them if they want to work in the public sector — or do business with government officials. Although tabled in the National Assembly, the bill has yet to be debated.



Conservative Leader Stephen Harper talks with Rebecka Byk during a campaign stop in Saskatoon, Sask., on Wednesday. NATHAN DENETTE/THE CANADIAN PRESS

He called the Quebec Liberal government's approach measured and pledged that when it came time for federal legislation, he would follow their lead.

As if to hammer home the point, the Conservatives re-

leased online attack ads in French, going after Justin Trudeau's position on the niqab.

A proposed ban on niqabs in the federal civil service would affect an infinitesimally small number of bureaucrats — if any

at all. Statistics from 2011 show only 1.8 per cent of 257,000 federal employees are Muslim women and only a small subset of them is likely to wear face coverings.

The Conservatives have al-



WHERE THE LEADERS ARE THURSDAY

• Stephen Harper's itinerary was not available.

• Justin Trudeau's itinerary was not available.

• Tom Mulcair will be in Toronto.

• Elizabeth May will be in Guelph, Ont., and Toronto.

ready tried to require Muslim women to show their faces at citizenship ceremonies, but those rules are being challenged in the courts. Harper's comments on Wednesday make clear he is eyeing additional legislation to require women to unveil every time they want services from the federal government.

Harper insisted his government has been "saying the same thing for several months" on the issue.

Both Trudeau and NDP Leader Tom Mulcair condemned the latest proposal as an attempt to distract voters from serious

questions about Conservative management of the economy.

Mulcair said, in Enoch, Alta., that what Harper was doing was "bizarre" and "dangerous" and part of a broader political strategy aimed at getting the Conservatives re-elected by accentuating differences rather than bringing people together. Trudeau, in London, Ont., said Harper's divide-and-conquer approach "is unworthy of the office he holds and he needs to stop."

"No election win is worth pitting Canadians against Canadians."

THE CANADIAN PRESS

ELECTION 2015

'Harperman' turned Turner into an accidental activist



Michael Woods
Metro | Ottawa

It has been a whirlwind few weeks for Tony Turner. The federal scientist was suspended from his Environment Canada job eight weeks ago, investigated for writing the Harperman protest song. The song took off, garnering more than 680,000 YouTube views and sparking nationwide singalongs last month.

Last week, Turner retired, making him free to speak publicly. This interview has been edited and condensed for length and clarity.

Did you expect the song to become as big as it was?

I didn't expect the song to go viral the way it had. I wrote that song way back in March. I played it for the first time at a May Day rally and I thought that was going to be the end of it. I think there were other people who saw a political usefulness that could be made of the song, so we did the video and then we put it on YouTube. I guess my suspension created the big news story that made it go viral.



Tony Turner after performing his song at a Green Party campaign rally in Vancouver on Saturday. THE CANADIAN PRESS

Why did you write it?

Not unlike a lot of Canadians, I was just unhappy with the prime minister and our leadership in this country. The song-writing contest was to write either a protest song or a song of hope, and I thought well, this is an election year so I'm going to write a protest song. I found the inspiration for it from a social justice newsletter with a dozen things the Harper government has done to undermine democracy, and I added to it.

It was for a song-writing contest? How did you do?

Well, I won. The prize was to play it at this May Day rally, and I'm playing with all these labour people and I'm standing on stage thinking, 'Wow, all of a sudden I'm a labour activist.' I just got thrown on stage to sing the song, and I didn't really realize the potential of it and how it would resonate with people.

Did you think you would face professional consequences for writing it?

I wrote it and I performed it, but other people promoted it, created the website and organized events like the national singalong day on Sept. 17. The allegations of the government suggested that I kind of masterminded the whole thing, and that's just totally inaccurate.

Anything I wrote or said has nothing to do with the nature of my job. Environment Canada's values and ethics code says that you have to maintain your impartiality and your objectivity in your duties. I've done that. Has my ability to do my job in an impartial and objective manner been compromised? I would say no, and my union agrees with me.



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NOBEL PRIZE

DNA research honoured

Three scientists from Sweden, the U.S. and Turkey won the Nobel Prize in chemistry on Wednesday for showing how cells repair damaged DNA, work that's inspired the development of new cancer treatments.

Swedish scientist Tomas Lindahl, American Paul Modrich and U.S.-Turkish national Aziz Sancar shared the 8 million Swedish kronor (about \$960,000) award for research done in the 1970s and '80s.

The Royal Swedish Academy of Sciences said their work on DNA repair had provided "fundamental knowledge" about how cells function and shed light on the mechanisms behind both cancer and aging.

The findings are significant for cancer research, because cancer cells are kept alive by DNA repair mechanisms. Researchers are now looking at ways to destroy the repair mechanisms within the cancer cells to kill them, academy member Peter Brzezinski said.

THE ASSOCIATED PRESS

Obama apologizes

AFGHANISTAN

U.S. airstrike hits hospital, killing staff and patients

U.S. President Barack Obama apologized to Doctors Without Borders on Wednesday for the American air attack that killed at least 22 people at its hospital in Afghanistan and said the U.S. would examine military procedures to look for better ways to prevent such incidents.

Obama's telephone call to the group's international president, Joanne Liu, came a day after the White House had stopped short of an apology, waiting to learn more while acknowledging that the attack was a U.S. mistake.

White House spokesman Josh Earnest said Obama offered condolences to the staff and pledged a "transparent, thorough and objective accounting of the facts."

"When the United States makes a mistake, we own up to it, we apologize where appropriate and we are honest about what transpired," Earnest said.



U.S. President Barack Obama speaks in the East Room of the White House in Washington on Wednesday. PABLO MARTINEZ MONSIVAIS/THE ASSOCIATED PRESS

He described Obama's apology as "heartfelt."

Liu confirmed the apology and, in a written statement, reiterated her organization's call for the U.S. government to consent to an independent investigation "to establish what happened in Kunduz, how

it happened and why it happened."

Emerging details about the erroneous strike have only fuelled growing condemnation by Doctors Without Borders and other aid groups in the four days since the clinic in the northern city of Kunduz came under heavy fire

that killed a dozen staffers and 10 patients. After initial confusion, officials determined the U.S. had carried out the strike, an admission that complicates delicate U.S. efforts in Afghanistan as Obama weighs how many troops to leave there.

THE ASSOCIATED PRESS

PALLIATIVE CARE

Britain tops in 'quality of death'

Britain topped an 80-country "quality of death" study released Tuesday, which warned that aging and booming populations would make palliative care a growing worldwide issue.

The 2015 Quality of Death Index, compiled by the London-based Economist Intelligence Unit, found Britain to be the best at palliative care.

"Its ranking is due to comprehensive national policies, the extensive integration of palliative care into the National Health Service, a strong hospice movement and deep community engagement on the issue," the EIU said.

Britain was followed by Australia, New Zealand, Ireland, Belgium and Taiwan. Canada came in at 11th place.

Palliative care provision was found to be worst in Iraq among the 80 countries studied, with Bangladesh, the Philippines, Nigeria and Myanmar rounding out the bottom five.

AFP

ISRAEL

Civilians stabbed

Palestinian assailants carried out a series of stabbings across Israel on Wednesday, jolting an anxious country unnerved by weeks of unrest as clashes between Israeli forces and Palestinian demonstrators raged across the West Bank.

The unrest began three weeks ago and has spread from the confines of a sensitive Jerusalem holy site to spots across Israel and the West Bank. In Wednesday's violence, stabbings occurred outside a crowded mall in central Israel, in a southern Israeli town and in the

Old City of Jerusalem.

Israeli forces shot two of the attackers, killing one, while a third was arrested. No Israelis were seriously hurt. Another Palestinian was wounded when he was shot by police after he attempted to run over an officer at a West Bank checkpoint, police said.

In all, four Israelis have been killed in stabbings and a roadside shooting in recent days, while five Palestinians, including three attackers, have been killed.

THE ASSOCIATED PRESS



IN BRIEF

Five arrested over elephant poisoning

A Zimbabwean wildlife official says five people are in police custody and being questioned over the killing of 11 elephants poisoned by cyanide at Hwange National Park in the west of the country.

In addition to the elephants killed at Hwange park, three others were poisoned by cyanide near Kariba in northern Zimbabwe in the past two weeks.

THE ASSOCIATED PRESS

Holocaust photo archive going online and free

The International Tracing Service says it has begun putting its Holocaust-era archive online for the first time, including photos of items seized from concentration-camp victims and other historical documents.

The archive said Wednesday the materials are now available at no charge on its site. The 50,000 images posted so far represent only a small part of its collection of some 30 million documents.

THE ASSOCIATED PRESS

SYRIA

Cruise missiles fly in Russian offensive

Russian warships in the Caspian Sea fired cruise missiles Wednesday as Syrian government troops launched a ground offensive in central Syria in the first major combined air-and-ground assault since Moscow began its military campaign in the country last week.

The missiles flew nearly 1,500 kilometres over Iran and Iraq and struck Raqqa and Aleppo provinces in the north and Idlib province in the northwest, Russian officials said. The

Islamic State of Iraq and the Levant group has strongholds in Raqqa and Aleppo, while the al-Qaida-linked Nusra Front has a strong presence in Idlib.

Activists and rebels say the targets have included Western-backed fighters and other groups opposed to President Bashar Assad.

The developments come a week after Russia began airstrikes in Syria, its longtime ally, on Sept. 30.

THE ASSOCIATED PRESS

MIGRANT CRISIS

EU to send home unsuccessful refugee applicants

European Union countries are closing in on an agreement Thursday to crack down on migrants who have been refused entry into the bloc so they can be swiftly sent home.

A key issue will be to ensure there are tougher measures to put those who have to leave in pre-departure detention to make sure they don't disappear to live illegally in EU nations.

More than 500,000 people have arrived this year seeking sanctuary or jobs, spark-

ing the EU's biggest refugee emergency in decades.

But of people who fail to obtain asylum or residency in the 28-nation EU, less than 40 per cent actually go back. It is seen as a major flaw in the EU's common migration policy.

At Thursday's meeting in Luxembourg, EU interior ministers will agree "all measures must be taken to ensure irregular migrants' effective return," according to a draft statement.

Those measures include the "use of detention as a legitimate measure of last resort."

With thousands of people arriving daily, border and reception facilities have been stretched to the breaking point. Ensuring returns is seen as one way to ease the pressure.

According to the draft statement, EU countries plan to spend roughly \$1.2 billion up until 2020 on returning people who enter Europe illegally.

Better use will be made of

Europe's visa and fingerprint databases, and countries will ensure that all decisions to send people home are entered into the Schengen passport-free area's computer system.

Countries will agree to "reinforce their pre-removal detention capacity to ensure the physical availability of irregular migrants for return" — long-hand for building more detention centres to lock people up in so they can be sent home more easily.

THE ASSOCIATED PRESS



Migrants are permitted to register with the police at a refugee centre in the southern Serbian town of Presevo on Wednesday. DARKO VOJINOVIC/THE ASSOCIATED PRESS

NEW BRUNSWICK

Analyst tracking hackers

As use of the Internet has exploded, so has the number of malware attacks around the world — and now a researcher at the University of New Brunswick is trying to unlock the digital fingerprints of hackers who are after your money and personal information.

Natalia Stakhanova has begun a five-year research project aimed at trying to determine the digital profile of people developing certain types of malicious software, or malware.

She is focusing on the binary side of existing malware to look for clues about the source of an infection and the kinds of tools used to develop it. Her team will also try to determine whether the malware was targeting a specific person or if it is more random.

“We hope to at some time be able to identify where it comes from. So we’ll know who wrote it, why he wrote it, how it was written and where that person lives,” she said.

THE CANADIAN PRESS

‘Blue Jay flu’ won’t fly

EMPLOYMENT

Bosses also likely won’t accept baseball as a religion

Though you may be tempted to book off work Thursday or Friday with “Blue Jay flu,” you’re better off just catching updates at your desk, advises David Doorey, professor of labour and employment law at York University. Torstar News Service asked him what bosses will think of this sudden illness.

Can employees get away with calling in sick?

A different sort of bird flu is going around, but don’t expect bosses to be sympathetic. Any employee who lies about being sick to sneak off to the sports bar is putting their job at risk.

What are the repercussions if you’re caught?

Dishonesty and unauthorized absenteeism are both violations of an employment contract that an employer could respond to by discipline or



Fans are hyped up to watch the Blue Jays take on the Texas Rangers on Thursday and Friday in the Toronto team’s first playoff games in 22 years. THE CANADIAN PRESS FILE

even termination. Non-union employees have less protection because their employers can always fire them for absenteeism, unless the absence is due to a disability or religion. Baseball may be a religion to some, but the law doesn’t see it that way. If a group of unionized employees scheme to all call in sick and watch the game together, that would be an illegal strike that could result in discipline, termination and

even an order to pay the employer damages for lost productivity.

From the boss’ perspective, is this heavily frowned upon? Taking the odd day off is one thing. Lying to the employer about the reason for the absence is quite another. Dishonesty is treated as a serious breach of the employment contract, and most employers have little tolerance for it.

What about just watching the game at work: Is this acceptable in the workplace?

Depending on the work environment, allowing your employees to watch the game at work could be a great morale-building human-resources strategy.

This obviously wouldn’t work for all workplaces, since it will mean a very unproductive four hours.

TORSTAR NEWS SERVICE

IN BRIEF

Half of microbusinesses needed \$100K or less: Poll

Half of businesses with fewer than 10 employees were able to launch with \$100,000 or less, and one in 10 needed only \$2,500 or less, a Bank of Montreal poll says. THE CANADIAN PRESS

Real-estate investors shifting focus: Report

A PwC Canada and Urban Land Institute report on real-estate trends says foreign investors may start looking beyond Toronto and Vancouver and begin targeting markets in Montreal and Saskatoon.

THE CANADIAN PRESS

market minute

	DOLLAR 76.54¢ (-0.22¢)
	TSX 13,868.35 (+221.09)
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NATURAL GAS: \$2.474 US (+0.4¢)	
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Researchers find missing lines of the 3,000-year-old Epic of Gilgamesh on a tablet bought from a smuggler — under a ‘no questions asked’ rule some archeologists worry encourages black-market trade.

EMMA TEITEL: ON CONTROVERSIAL CANDIDATES

If the Conservatives dropped Jagdish Grewal for anti-gay statements, then shouldn't the NDP, in the same spirit, drop KM Shanthikumar?



The Conservative Party of Canada has dropped another candidate from its roster.

This news isn't exactly shocking considering the Tories' spate of dropped candidates, whose offences range from the weird (Jerry Bance, previously of Scarborough-Rouge Park, peed in a cup on camera) to the weird (Tim Dutaud, previously running in Toronto-Danforth, faked an orgasm on YouTube).

The discarded candidate in question this time around is Jagdish Grewal, of Mississauga-Malton, whose transgression does not involve urination or simulated sex but something arguably far worse.

Earlier this year, Grewal wrote an editorial in the Punjabi Post called "Is it wrong for a homosexual to become a normal person?" in which he questioned the legitimacy of an NDP private member's bill that sought to ban therapy aimed at changing the sexual orientation or identities of LGBT youth — in other words, "conversion therapy." (The bill passed unanimously in the Ontario legislature.)

"If it is a parent's right to set guidelines for their children in terms of their education, career and health," Grewal wrote in the piece, in Punjabi, "then why is it illegal for them to strengthen their natural heterosexuality?"

It is illegal, bottom line, because you can't strengthen something that doesn't exist — and attempting to do so can cause irreparable harm. Just ask society's earliest adopters of conversion therapy — gay and transgender kids themselves, who try though they may, cannot and never could wash the "abnormality" away. Grewal has since claimed the English translation of his Punjabi text

made the position in his editorial appear much harsher. "I love every child of God," he told a Toronto radio personality Tuesday.

The Conservatives dropped Grewal when the editorial came to light in the news, affirming in a statement their belief "that all Canadians, regardless of race, religion, gender or sexual orientation, deserve to be treated with respect and dignity."

It's very likely, however,



Former Tory candidate Jagdish Grewal is probably ignorant — not vindictive — for endorsing cruel and scientifically bogus gay 'conversion' therapy, writes Emma Teitel.

TORSTAR NEWS SERVICE

that NDP leader Thomas Mulcair contributed to the swiftness of that decision. Mulcair was adamant in the press that the Conservatives part ways with Grewal, a request one assumes most Canadian progressives would stand behind wholeheartedly. And yet, Mulcair's outspoken critique of Grewal seemed to elicit from some, not support, but a charge of hypocrisy.

Why? It seems the NDP has a kind of Jagdish Grewal of its own: Reverend KM Shanthikumar of Scarborough-Rouge Park (yes, Jerry Bance's former riding), who has freely admitted to embracing values that do not align with the NDP platform — namely that he is opposed to same-sex marriage and abortion. Shanthikumar claims his position on these matters is strictly personal (the NDP says he signed a declaration promising to recognize party policy).

However, the Toronto Star recently reported that Shanthikumar revealed in a surreptitiously recorded phone call (provided by an unnamed source) that he might try to advance socially conservative causes if he wins in his riding. When asked about the incident, Shanthikumar told the Star, "My personal life is different from (the) party line, because when I stand by the party, I have to stand by the party." The NDP, meanwhile, has so far stood by him.

This news has many Canadians asking a fair question: if the Conservatives dropped Grewal for anti-gay statements, then shouldn't the NDP, in the same spirit, drop Shanthikumar? It is tempting to say yes, as opposition to gay marriage in my mind is no different than opposition to the happiness of gay people in general (full disclosure: I plan to get gay married myself this summer).

But gay marriage and abortion, whether Shanthikumar likes it or not, enjoy popular support and in large part the backing of the legal system in Canada (though in the Maritimes, we still have a long way to go on abortion rights). Even if Shanthikumar's views aren't just personal as he claims, they are most likely

inconsequential; the Democrats in the United States have a very small, pro-life faction. It has yet to overturn Roe v. Wade.

But Grewal's views as expressed in his editorial are not inconsequential — nor are they fringe. Unfortunately, the misguided belief still persists among many Canadians — some of them good, well-meaning parents — that a transgender or gay kid can and should purge his or her differences in therapy. This is especially true where transgender kids are concerned, and we know that if a family supports their LGBT child, risk of suicide decreases dramatically.

There is a world of difference, then, between the disapproval of gay marriage and abortion and the endorsement of potentially life-ruining conversion therapies for LGBT youth, which are not only cruel and unusual but scientifically erroneous.

So while Grewal probably isn't such a vindictive guy (my guess is his editorial is more the product of ignorance than outright hate), the notion that sexual orientation and identity can be extinguished in a doctor's office is just too odious and unfortunately too popular to ignore.

Kudos to the Harper government for taking out the trash.

Emma Teitel is a national columnist for the Toronto Star. She has been a front-of-the-book columnist for Maclean's magazine for the past four years, focusing on a wide range of subjects including women's issues and popular culture. She won the National Magazine Awards gold award for columns in 2013.

metroview

Old age: It's going to happen to you. And most of us aren't ready



Diane Baker Mason
For Metro

You think it won't happen to you. You won't end up warehoused in some underfunded institution. You'll live at home, maybe hire a helper. If you must, you'll move to a nice facility with superlative care. As for the cost, the government covers that, right?

Wrong. Most Canadians are under the illusion their long-term care is covered by government plans. But anyone who needs long-term care soon finds themselves in a financial and bureaucratic quagmire — a patchwork of services and facilities, with limited (if any) government support. There are waiting lists, inconsistent qualification procedures and significant expense for both institutional and in-home care. It is easy to fall through the gaps.

Rarely are private savings and insurance adequate to pay for our care. Usually the cost far exceeds the average person's savings. As for insurance, fewer than one per cent of Canadians purchase coverage for long-term care, possibly thinking it's not

something they have to pay for.

But we do pay, mostly from our own private funds. If that's inadequate, we are often thrown into a semi-subsidized system with many gaps in it.

While it should be a national priority that quality long-term care be available to every Canadian, Canada's plans for establishing and funding universal long-term care are virtually nonexistent. The federal parties speak mostly about the Canada Pension Plan and Old Age Security. Only the NDP promises a revised health accord that might address some long-term care issues.

But even a revised accord would not solve the funding problem. The answer lies in a public insurance plan. Such a plan would cover assistance with daily living as well as out-of-hospital professional services beyond those covered by the Canada Health Act. Studies by public-policy groups have explored options for such plans. But we continue to turn a blind eye to the problem of funding our increasing need for long-term care.

This isn't something remote from us — something that a separate group of "old people" are facing. We are the "old people." If it's not our personal problem right now, it will be soon enough. So let's all start looking at this now. To paraphrase that wise old man, Mick Jagger, time is not on our side.

Diane Baker Mason is a Toronto-based novelist, writer and retired lawyer.

Anyone who needs long-term care soon finds themselves in a financial and bureaucratic quagmire.

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Meyer wouldn't change a thing

BOOKS

Characters switch roles in new Twilight novel

Call them Edythe and Beau.

For the 10th anniversary of her Twilight series, Stephenie Meyer is offering a gender swap for those millions caught up in the saga of Bella and Edward.

Little, Brown Books for Young Readers on Tuesday released a Twilight/Life and Death dual edition of Meyer's first of four main novels in the bestselling vampire series. The original book has been paired with Life and Death, a narrative that reverses the author's famed romance between a teen girl and male vampire, instead having a human boy (Beau) fall for a female vampire (Edythe).

According to Little, Brown, the alternate version contains nearly 400 pages of new material. As of late Tuesday morning, the book was in the top 500 on Amazon.com's bestseller list.

THE ASSOCIATED PRESS

Stephenie Meyer.

GETTY IMAGES



TWILIGHT

... Except for one significant detail about the popular vampire series

It's been a decade since Stephanie Meyer — a then unknown author — introduced her death-crossed lovers Bella and Edward to readers in the first book of the Twilight series.

But, four books, five movies and 10 years later, has the romantic story of a young woman falling in love with a vampire lost its sparkle in a world where Miley Cyrus twerks on MTV and feminist young women want to be the heroes of their own stories?

This old-fashioned girl-meets-boy story has spawned fan fiction, including E.L. James' Fifty Shades of Grey (just don't ask Meyer to comment on it — she wouldn't address it with us), and criticism about Bella's passive personality in the series.

Metro recently had an exclusive opportunity to email Meyer a few questions about how this series has held up in a changing world, and how readers were affected by her works.

Fans of the series will be very interested in the bonus content included in the 10th anniversary edition. What can you tell us about it? Is there anything you think will come as a revelation to readers?

The bonus content is Twilight rewritten with all but a few of the characters' genders switched. It is very close to the original version, because not much changes when the human is a boy and the vampire is a girl (which was kind of my point in doing this exercise). If readers have the same response that I did, they might be surprised at how cool Edward is as Edythe.

It was a decade ago that the series started, and a large number of women grew up reading the books and watching the movies. This was a love story, but it wasn't explicit or smutty. It was romantic more than anything. Have readers have told you how it affected them and their ideas about love?

Readers really haven't discussed with me how Twilight affected their ideas of love, probably because we're all aware that this is just fantasy. I can say, however, from the interactions I've had with readers at signings, there seem to be a couple of common ways that Twilight has impacted

people. For many, Twilight was an awakening or reawakening to the enjoyment of reading for pleasure; many readers went on to become much more active readers across many genres. Also, many

readers have expressed to me that they've made lifelong friends through discussing Twilight online with other readers. Another frequent comment is that Twilight prompted the reader to start writing her own story. All of these responses make me really happy.

In recent years we have seen a rise in feminism among young women. Do you think the Twilight series — and Bella and the choices she makes — would still resonate with readers 10 years later?

People still seem to really enjoy the experience of falling in love, so I would say yes. Love stories will always have a place for some readers.

If you did write it today, what choices would you make differently about the plot, the characters?

Having just rewritten the story for the 10th anniversary edition, I can safely say that I know I wouldn't change much. I would (and did) change some clunky words, and add in some fun things that I thought of later. Twilight was a fun writing experience. I think my approach has always been and probably will always be to have fun and entertain myself. METRO CANADA



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Finding his way through his father

MORE THAN A NATIVE STORY

What Wab Kinew learned from time with his dying dad

Wab Kinew is one of the leading First Nations figures in Canada. It wasn't always that way; in his youth he struggled to find the right path.

In 2012, he found out his father was dying of cancer. He took that year to spend with him. He learned more than he thought about himself and his culture. That year is recounted in Kinew's book *The Reason You Walk*, published by Viking Canada.

What was your relationship with your dad like as a child?

When I was a child I would say that the relationship was very negative. I was walking on eggshells, I was scared of him. And then it gradually started to ameliorate, particularly when I became an adult, and I recognized, well, he's got his issues but I want to learn from him. I want to learn the language and the culture.

In 2012, there was just a much greater impetus, so with that looming sense of

mortality we lived that last year so that we could have the relationship and be able to say there were no regrets and no things left unsaid between us.

People don't often take the chance to spend time with a loved one they know is dying.

I'd always been raised hearing these values, you know, family first and take care of your elders and things like that. And I just realized, your life is the product of the decisions you make in moments like these and so if I want to live by those ethics then I better walk that walk.

That year gave you a real personal understanding of the stories the truth and reconciliation commission are trying to get at. Can you talk about that?

Ironically I think one of the really big moments came after my father's death, when I went back and I listed to the actual testimony. He gave an account entirely in the Ojibway language, not just what he experienced in residential school, (but also) a thorough account of the spirituality of our people, of the ceremonies, he gave an instruction in how to



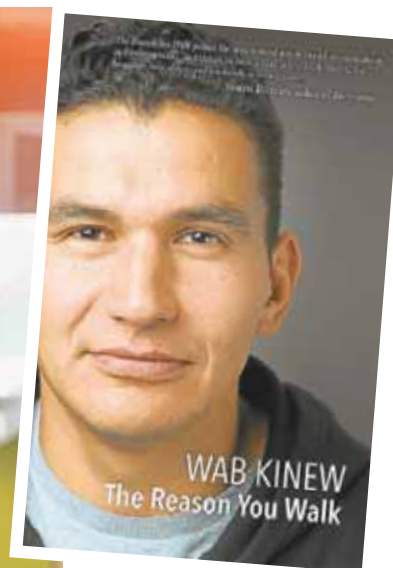
Wab Kinew discovers the value of walking the walk of his culture. TORSTAR NEWS SERVICE

pray in the Anishinawbe way, and he delivered it all in the language of his birth. And then he concluded

with a call to his descendants, 'Here are your ways. Pick them up and learn this language.'

This really seems like a universal story.

I ask some of the same questions a newcomer (to



Canada) asks. 'I was a warrior; what am I now?' Or 'I was a farmer, what am I now?' 'I had this identity, but what am I now?' That's one of the things I hope people get out of the book is that they don't just see it as a native story. This is a human story told through an indigenous lens ... really these are the same questions and desire to find meaning that all of us are asking in the modern world. TORSTAR NEWS SERVICE

BLISS

Real-life pals write about life as twentysomethings



Pretty Little Liars star Shay Mitchell, right, and her best friend vlogger Michaela Blaney, left, tackle the complications of twenty-something life in their new novel, *Bliss*. GETTY IMAGES

Before Shay Mitchell got her big break on *Pretty Little Liars*, she was a bottle service girl in Toronto, booking parts when she could. Working a soulless job just to pay the bills? She's been there. Friend drama? She's had her share of that, too. Devastating heartbreak? Definitely.

All the ups and downs helped inspire Mitchell's new novel, *Bliss* (out today), which she wrote with her best friend, video blogger Michaela Blaney.

"Michaela and I got together and were just talking about the past and all the crazy experiences that made us who we are today," Mitchell tells *Metro US*. "We started jotting down ideas and thought, we could write a book about this. So that's kind of what we did."

Similar to Lauren Conrad's *L.A. Candy* series, Mitchell says much of what happened in the book actually happened to them, but they heightened the drama, which is where the fiction-element comes in. One character represents Mitchell,

one represents Blaney and a third character is a composite of various people they know.

At its crux, *Bliss* is about friendship more than anything else — and it isn't always pretty. "Friendships go through ups and downs just like a romantic relationship does," Mitchell says. "Michaela and I have certainly had our fair share of ups and downs. We had our fair share of ups and downs writing this book!"

Mitchell's goal wasn't to make characters people liked. Instead, she wanted to make them real, showing both their good and bad sides. "None of these girls are bad girls," Mitchell says of the characters.

"They're just trying to find their 'bliss' while living in their 20s."

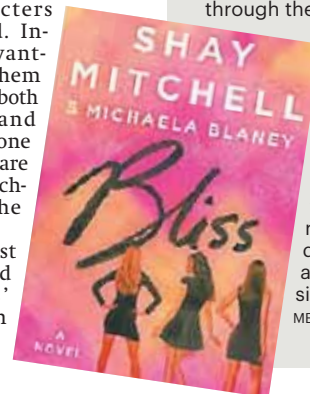
METRO US

TOUR STOP

Book tour stop: YouTube

While filming keeps Mitchell plenty busy, she says she has downtime on set, which is when she would work on her book. To help promote it, she's heading out on a book tour all across the U.S. She's also giving fans who can't make one of the signings a way to talk with her through the book. Next

week (exact time TDB), Mitchell and Blaney will host a YouTube book party to answer readers' questions and just gossip together. METRO US



BIRTHS

Baby for Carey Mulligan

Carey Mulligan popped back into the public eye this week at the London Film Festival debut of her new film, Suffragette, and she brought along with her some joyous news.

"Carey has given birth to a healthy and happy baby," a source tells E! News.

"She is just enjoying this time with her family and close friends."

Well, and standing awkwardly with Meryl Streep on a red carpet, but still.

Mulligan and husband Marcus Mumford — of Mumford and Sons fame — married in 2012 and first confirmed they were expecting back in June when her appearance at the Tonys made it impossible to hide the news.

She had to sit out the world premiere of Suffragette at the Telluride Film Festival in late September because she was about to give birth, if you want to try to pinpoint the exact date of delivery. Which is weird, why would you do that? Anyway, no word yet on the gender, mostly because they don't want us to go with the obvious headlines. Well, we certainly showed them, didn't we?

N E D
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Carey Mulligan



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MUST
READ



Nicki Minaj and Miley Cyrus aren't making peace any time soon. ALL PHOTOS: GETTY IMAGES

Minaj fires up feud with Miley Cyrus

INTERVIEWS

Quotes in NYT Mag show fight far from over

Ned Ehrbar
Metro|Hollywood



So that feud between Nicki "Miley, what's good?" Minaj and Miley Cyrus?

Yeah, totally not going away anytime soon. After

Cyrus made some comments about Minaj to the New York Times that Minaj reacted to at the VMAs, things seemed to calm down.

But Minaj just did an interview with the New York Times Magazine that proves she's far from over it.

"The fact that you feel upset about me speaking on something that affects black women makes me feel like you have some big balls," Minaj says.

"You're in videos with black men, and you're bringing out

black women on your stages, but you don't want to know how black women feel about something that's so important?"

"Come on, you can't want the good without the bad."

"If you want to enjoy our culture and our lifestyle, bond with us, dance with us, have fun with us, twerk with us, rap with us, then you should also want to know what affects us, what is bothering us, what we feel is unfair to us."

"You shouldn't not want to know that."

BODY IMAGE

Fat shaming sent Selena to therapy

Good job, everybody. Any taunting or comments made about Selena Gomez's figure after she posted a photo of herself in a bikini back in May ended up sending her off looking for professional help. Hope you're proud of yourselves, jerks.

"I've been working in therapy," she tells Us Weekly. "I'd land at the airport and people would yell out, 'You're fat!' It was awful. I've been working since I was seven. This is the first year I ever dealt with anyone talking about my body. Even if I did gain weight, I'm fine. That's what the picture represents."

Also, having seen the picture in question, I have no idea



Selena Gomez

what you people are talking about. That's what we're calling fat now? There's no hope for anyone.

NED EHRBAR/METRO

GOSSIP BRIEFS

Miranda Lambert has 'never felt more inspired'

Sometimes an artist just needs to shake things up, make a change, ditch the routines if she wants to really get those juices flowing and get productive. And sometimes she just needs to end her marriage. Miranda Lambert insists that since splitting up with Blake Shelton and moving back to Nashville, she's been more productive than ever, writing music every day. "I've never felt more inspired," she said at her Music City Walk of Fame induction ceremony this week. "I've written music basically every single day for the whole summer, and it was my first summer off the road and I've never felt more ready to make music." I wonder what she's been writing about.

NED EHRBAR/METRO

Tom Hanks reunites student with university ID card

Tom Hanks' tweet worked! A student named Lauren who lost her Fordham University ID card has been found.

The Oscar-winning actor tweeted a photo of the card Tuesday after finding it in a park. He covered up the woman's last name with his finger in the photo.

WCBS-TV says it located Fordham senior Lauren Whitmore on Tuesday. Whitmore says she was jogging in Central Park on Monday

when she must have lost the card.

She says if Hanks wants to return it, she'll "surely meet him to do that."

Hanks stars in the upcoming Cold War thriller Bridge of Spies.

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Duncan McAllister

FOR METRO

ASKING PRICES WERE ACCURATE AT TIME OF PUBLISHING.



\$259,900
Halifax

This two-bedroom suite at 767 Parkland Dr. has all the amenities one would ever need, including a pool, hot tub and fitness room. There's a second three-piece bathroom, walk-in closet and tiled balcony. The unit includes underground parking and a storage space. The condo is located just off the Bicentennial Highway, minutes from everywhere in HRM. There is a walking trail directly behind the condo along with shops, grocery stores and restaurants, all within a five-minute drive. Listing agent Jeff Kielbratowski is an associate with Realty Partners, 902-877-1787.



\$260,900
Calgary

This second-floor unit offers a southern exposure and a bright, open concept. The unit features a kitchen with a raised eating bar and dining area. There's a large living room with patio doors to the balcony, laundry and a four-piece bathroom. The master bedroom offers a full ensuite bathroom. The condo is close to transit, shopping, green spaces and plenty of amenities. Tim Lind is a sales representative for RE/Max Real Estate Mountain View, 403-333-0837.



\$1,060,000
Vancouver

This spacious suite boasts amazing views of False Creek, English Bay and the city from the south-west-facing corner unit. It features luxury finishes like granite countertops and cherry flooring. Upgrades include a new appliance package, light fixtures and faucets. The condo offers access to the Super Club's pool, sauna, fitness room, theatres, squash court, guest suites and 24-hour concierge. Just steps to the urban lifestyle of downtown, parks and seawall. Listing agent is Pam Allen with RE/Max Real Estate Services, 604-790-8464.

YOU'LL NEVER GUESS WHAT

JACK

WILL PLAY NEXT

1

2

3

92.9

JACK fm

PLAYING WHATEVER.

WHENEVER!

ANSWERS: 1. POKER FACE. 2. POUR SOME SUGAR ON ME. 3. WHEN DOVES CRY.

Their love for grey will not fade away

INTERIOR DESIGN

Designers tout the shade as a go-to neutral in any space

The buzz over 50 Shades of Grey may have faded, but interior design experts say their love affair with the colour grey is definitely not a passing trend.

Looking back 10 years, designer Mollie Ranize remembers grey being “perceived as a depressing colour palette that was difficult to use, and no one really wanted to live in it.” Since then, grey has developed into the go-to neutral colour and a favourite solution to many design dilemmas.

Want to use a bold colour but worry that it will overpower a room or look tacky? Mix some cool grey into even the loudest paint colour and it will instantly look more subtle and sophisticated.

And you can find a shade of grey that pairs well with everything.

“It’s kind of shocking that almost everything on the colour wheel is complementary with it,” says Ranize, founder of DMar Interiors in Los Angeles. “That’s not something you can say about the whole tan-and-beige wave that we had for a really long time.”

Any room, any style

Gray works with every decorating style, from totally traditional to cutting-edge modern. Whatever the style, “grey can be a huge statement,” Ranize says, so it “doesn’t take a huge quantity of accents to get high impact.”

It also works surprisingly well in rooms where you might not expect it: Betsy Burnham, founder of Burnham Design in Los Angeles, uses dark grey kitchen cabinetry painted with a slightly shimmery satin finish. She likes using a softer shade, Benjamin Moore’s Gray Owl, on walls, and painting the trim a crisp, cool white.

Designer Brian Patrick Flynn, founder of Flynnside Out Productions, uses grey “to mediate other more dramatic colours.”

“If I am using a lot of black,” he says, “I’ll pair it with greige to keep the look more subtle and almost lower the amount of contrast. If I’m working with bold colours such as red or orange, I’ll usually set them against a backdrop of dove grey or blue grey.”

Another combo he recommends: charcoal grey with dark hunter green and black. “All three are super-dark and rich,” Flynn says, but “none are really

too high-energy, resulting in a sense of glamour that’s somewhat rustic and woodsy. It’s a really unique look that can be pulled off in the right setting.”

Grey is even kid-friendly. It’s “an excellent choice for a gender-neutral nursery or kid’s room,” Flynn says, “since you can accent it with a wide array of colours.”

Yet another gorgeous option: Ranize loves mixing greys with deep shades of plum and any deep blue, from navy to teal. Deep blues “can play off of light greys so pleasantly,” she says. It brings “emotional impact without being over the top.”

Warm and bright

Grey doesn’t have to make a room feel depressing or cold. “There are ways to bring it outside of that stark, off-putting, cloudy-day kind of vibe,” says Burnham. Her favourite strategy is using warm shades of grey alongside organic items like pottery, plants, and natural-wood floors and furniture.



It’s kind of shocking that almost everything on the colour wheel is complementary with it.

Mollie Ranize, founder of DMar Interiors

She also warms up shades of grey by pairing them with colours like mustard, olive or soft pinks. These are “combinations you may not immediately think of,” she says, but they’re surprisingly effective.

As you choose a grey hue, consider the room’s natural light. If you’re worried that a grey room will look dim, choose items that reflect light. Look for a woven silk rug, wallpaper with a subtle sheen, upholstery with a slight shimmer, and even a tabletop of pale grey or grey and white marble that reflects light.

You can also opt for lighter greys to keep things from getting too intense. If you’re considering using grey with red, for example, Flynn recommends dove grey or blue grey rather than charcoal. “Since dark grey and red are both super-dramatic, they can sometimes come across as overbearing or too much,” he says. By pairing red with paler greys, the effect is “light and airy, juxtaposed with dramatic and high-energy.”

THE ASSOCIATED PRESS



In this Burnham Design photo, a cream window shade, green plant and dark wooden chair bring an organic warmth to an otherwise cool kitchen. CHRISTOPHER PATEY/BURNHAM DESIGN VIA AP



This airy, vintage-style bedroom by Flynn demonstrates the designer’s use of blue-gray tones to keep rooms feeling classic and gender-neutral. HGTV.COM/BRIAN PATRICK FLYNN VIA AP

+ A STRONG YET SUBTLE SHADE

The best base layer

Rather than adding grey to a room as an accent colour, Ranize suggests using it as the room’s base colour. She recommends using paint or wallpaper to create soft grey walls, then layering more shades of grey into the room in the floor-covering and furniture. As a finishing touch, add a few pops of other colours as you wish.

With this technique, she says, “you get this dynamic space without trying to be flamboyant.”

If you’re building a new home, talk with your builder about using grey as the base colour throughout the property. “Builders and real estate agents are big on using beiges, creams and taupes to neutralize their properties,” Flynn says, but “interior designers take the more personable route with grey, a colour which has more personality.”

In expert hands, he says, grey “can take on a luxurious, chic or even understated vibe.”

THE ASSOCIATED PRESS



Here designer Brian Patrick Flynn used several shades of vivid blues to add coolness to the otherwise warm tones.

SARAH DORIO/BRIAN PATRICK FLYNN VIA AP

Stay on budget for your reno

HOME

How to get the best quote, and other important tips

Liz Brown

Home renovations are pricey propositions. And if you don't set a precise budget and vision, the project can quickly balloon in cost and scope. Planning, research and clear communication with your contractor are keys to keeping your home reno running on schedule and budget.

The first step to an on-budget reno is to come up with a clear work description and give the same description to each contractor, according to Rick Hagel, general manager at Sierra Property Services Ltd. in Vancouver. "You want contractors to be comparing apples to apples," he says.

"Say you want to do a kitchen. You need to look at all of the things in your kitchen and outline what you want and



The lowest price isn't always the best choice. Sometimes it's better to pay a little more for quality and experience. SHUTTERSTOCK

what kind of quality those things should be. You need a specific list and the contractor should quote on that specific list

first, and then offer any suggestions after. Don't let yourself be swayed before the initial quote is offered."

Homeowners should seek three to five quotes to get a good idea of what a project should cost. And Trevor Jones of Cani-

wi Construction in B.C. advises to not just select the cheapest quote. "The lowest price isn't always the best choice. It is often

better to pay a little more for quality and experience," he says.

A good sign you have drawn up a specific work plan that contractors understand is if all contractors submit bids in the same general price. "(From this) you can assume you are getting a fair price for the work you described to them and they all understood the same scope of work for your project," says Gary Sharp, director of renovator services at the Canadian Home Builders' Association's national office in Ottawa.

Homeowners also need to factor in unexpected costs to their budget. "Home renovations always cost more than you think they will," says Tyler Moffet, a carpenter and contractor in Calgary. "Once you start tearing things apart, there's always something you come across that needs more work."

Moffet says a general rule of thumb in the industry is to budget 15 to 20 per cent more than the contractor's quote. "This way, if you run into a problem, it's not an issue to come up with the funds, and if all goes well, you have some gravy money at the end."

Choosing a contractor

Choosing the right contractor is the most important decision you will make during a home renovation, but it can be hard to know where to start looking for the right professional for your needs.

"Checking references is by far the best advice," says Gary Sharp, director of renovator services at the Canadian Home Builders' Association's national office in Ottawa.

Sharp recommends preparing a list of questions before calling a reference, focusing on the contract, if the contractor stayed on budget and what the renovation team was like. "Did they smoke in the house, were they professional?" he says.

Rick Hagel, general manager of Sierra Property Services Ltd. in Vancouver, says that homeowners should check with associations like the Better Business Bureau, to see if the contractor is a member and if there have been any complaints.

"You can see what kind of a work record a contractor has," says Hagel, noting it's not just about the quality of work, but also how the contractor reacts to adversity. "If there has been a problem, you want to know the contractor



Checking references is an important part of finding the right contractor. This isn't a time to cut corners. SHUTTERSTOCK

attended to it immediately."

Tyler Moffet, a Calgary-based carpenter and contractor says a good place to start your search is your own neighbourhood.

"Drive around your area and look for crews working on homes. Ask the homeowner to see the work and what they think of it and if the job is running on schedule," he says,

adding: "It's like a job interview, you need references. You don't just ask someone you don't know to come into your house."

After you've checked references, it's time to ask for bids from the contractors. Collecting bids from three to five contractors is a good way to determine what a fair price for your project is. "If the bids are significantly different from each other, there may be a valid explanation, such as one contractor forgot to include a major component in their bid," says Sharp.

A good proposal will include a schedule of draws (payments) that are linked to milestones on the project. Hagel says most experienced contractors with good capital resources won't ask for a deposit up front, before any work is performed.

"We make sure all of our customers know that no money changes hands until there is some value for the work that has been performed. That's a key thing for determining if you want to work with a contractor, because someone who needs money right away could be a problem down the road."

LIZ BROWN

UP TO THE TASK?

To DIY or not to DIY

If you're a homeowner who's handy, or likes to save money, it can be tempting to take on a home renovation project yourself. And while there's a certain pride in knowing you created your own deck or tiled your own bathroom, you need to be certain you're up to the task before you start tearing things apart.

"Consider your own skills and abilities carefully when planning a project," says David Foster, senior director of communications at the Canadian Home Builders Association in Ottawa. "While many of today's home improvement products are designed to make it easy for do-it-yourselfers, other projects will require specific skills. Seeing how something was done on a TV renovation show isn't the same as having practical experience. Getting in over your head can end up costing more money and causing a lot of frustration, than hiring a professional to help in the first place," he adds.

For guidance or to get an idea for your aptitude for a project, consider taking a course. Many home improvement stores offer introductory classes on basic home reno tasks and colleges offer more in-depth

courses. If you do decide to go ahead with a project yourself, be sure to check with your municipal building inspector if a permit is needed for the work being planned.

"In general, a permit is required if you are making your house larger. A permit is required if you are modifying a structural wall or other structural component of the home," says Gary Sharp, director of renovator services at the Canadian Home Builders Association.

"Don't know if a wall is structural or not? That's likely a good sign not to DIY," he jokes.

Even if you are a skill trapezoid or a seasoned do-it-yourselfer, you should consider the practicality of undertaking a home renovation on your own. "A common scenario is that getting the work done simply takes much longer than anticipated," says Foster. "Homeowners get caught in this sort of thing all the time. ... The two weekends of work you planned to do the job stretch out to two months and your kitchen isn't finished and your spouse has smoke coming out his or her ears."

Foster doesn't want to discourage people from DIY projects, but advises them to think carefully if they do have the time to put in the work and then assume it will take twice as long as they expect.

LIZ BROWN



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California dream comes true

Eight teams will face off for the University Cup this spring, also including an assigned AUS berth and the 2016 AUS champions. Last season host St. Francis Xavier, the UNB Varsity Reds and the Acadia Axemen played in the tournament, but it was the Alberta Golden Bars who won the trophy. KRISTEN LIPSCOMBE/METRO

NHL

Price on the money as Habs beat Leafs

Even though Montreal Canadiens players bristle at the notion that their success is driven by Carey Price, the goaltender provided another reminder of that at the start of a new season.

Price made 36 saves as the Canadiens beat the Toronto Maple Leafs 3-1 Wednesday night in the season opener.

The Leafs controlled much of the play and outshot the Habs 37-30 in the first regular-season game under new coach Mike Babcock. But Price, the reigning Hart and Vezina Trophy winner, was there to stop the puck almost every time.

The only goal Toronto got past Price was on an impossible deflection in front of the net off James van Riemsdyk's left skate.

Price's dominance is nothing new to Montreal or the NHL. Last season he set the fran-

WEDNESDAY In Toronto



chise record with 44 victories and had a league-leading 1.96 goals-against average and .933 save percentage.

With Price sharp, all the Habs needed was some timely offence — and they got it against the Leafs.

Newly anointed captain Max Pacioretty scored on Montreal's first shot against Jonathan Bernier a few minutes in, the first goal of the 2015-16 NHL season. Alex Galchenyuk scored the game-winner 12:02 into the third period, and Pacioretty added an empty-netter.

Bernier finished with 27 saves. THE CANADIAN PRESS

FIFA

Ethics committee discusses Blatter

The FIFA ethics committee has been examining the cases of president Sepp Blatter and UEFA president Michel Platini, a move that could lead to the suspension of world soccer's most powerful officials.

Abdoulaye Makhtar Diop, a Senegalese member of the executive committee's adjudicatory chamber, said in statement Wednesday that the Blatter and Platini cases were being discussed at meetings in Zurich this week.

Ethics judge Hans-Joachim Eckert will take the final decision on the fates of Blatter and Platini, who were questioned as part of a Swiss criminal investigation last week. Blatter

is a suspect, but Platini was questioned as between witness and accused person over a payment he received from FIFA in 2011.



Sepp Blatter
GETTY IMAGES

Blatter has not yet received any news of the ethics committee's decision, said long-time aide Walter Gagg.

"I was with Mr. Blatter 10 minutes ago, and we know nothing about (a decision)," Gagg said. "He left now. He had no news."

THE ASSOCIATED PRESS

IN BRIEF

Signing embroils Bills in a kicker controversy

The Bills signed veteran kicker Billy Cundiff on Wednesday in a move that leaves Dan Carpenter's future uncertain in Buffalo following his latest missed field goal.

Though Carpenter remains a member of the Bills, coach Rex Ryan called it "a possibility" the number will be down to one by Sunday, when Buffalo (2-2) travels to play Tennessee (1-2).

Buffalo also shuffled its returners by releasing Marcus Thigpen and signing Denarius Moore.

THE ASSOCIATED PRESS

Durant back in game action

It has been eight months since Kevin Durant played in an NBA game.

The Oklahoma City star who suffered through a gruelling process to mend his broken right foot said the layoff seemed "like years," but the wait is finally over.

Durant was set to make his long-awaited return to the court on Wednesday night when the Thunder opened the pre-season in Minnesota. He missed 55 games last season and needed three surgeries to repair a dreaded Jones fracture in his foot. THE ASSOCIATED PRESS



The acquisition of David Price has made many critics believe in the Blue Jays. RICK MADONIK/TORSTAR NEWS SERVICE

Rangers relish role of dark horse to Jays

MLB PLAYOFFS

After climb in standings, Texas faces tall task vs. Price

The Texas Rangers have arrived in Toronto with a chip on their shoulder.

Being overlooked by the bookmakers and others has only served to motivate the AL West champions as they prepare to meet the surging Blue Jays on Thursday in the American League Division Series.

Texas manager Jeff Bannister says there are plenty of emotions in his clubhouse.



It doesn't really mean anything once you step on the field.

Blue Jays centre-fielder Kevin Pillar on the team being favourites among critics and bookmakers

"I think it's full of energy, belief, confidence," he said Wednesday. "But yet they're the ones that aren't being given a chance. So I also think that there's a little different edge. And I thank you all."

The Rangers have already worked one miracle under their rookie manager, climbing from last place in the American League (67-95) in 2014 to make the playoffs. Only four other teams in the majors have done that before.

Toronto manager John Gibbons sees the ALDS contest as

more of an "even matchup."

"Our teams are very similar," he said. "Good offences. Balanced. They've got some pretty good team speed over there."

And they both went out and made big pitching acquisitions with Toronto trading for David Price and Texas picking up Cole Hamels. They also looked to bolster their bullpens.

"Both GMs attacked it the same way," said Gibbons. "They saw what they needed and they went out and did it."

Toronto sends out Price, its

left-handed ace, against right-hander Yovani Gallardo as post-season baseball returns to the Rogers Centre for the first time since 1993.

Price is 9-1 as a Blue Jay with an earned-run average of 2.30. Over his career, he is 11-1 at the Rogers Centre.

He comes into Thursday's game on 11 days rest, with his last real outing Sept. 26 in Tampa.

"You take guys with great arms and they can locate the ball, now you got the superstars. ... He's a complete pitcher with a great arm," Gibbons said of his six-foot-six ace.

And yet the former Tampa Bay and Detroit pitcher is 1-5 in the playoffs with a 4.50 ERA.

THE CANADIAN PRESS



Yovani Gallardo GETTY IMAGES

Gallardo living his boyhood dream

Yovani Gallardo grew up watching the Texas Rangers, often going to their ballpark and dreaming of one day pitching in big games for his local team.

"Even with my cousins, it's one of those things we always talked about, having that goal for myself to put on the Ranger uniform and pitch important games," Gallardo said. "Obviously the one goal that we all have as an athlete, to win the World Series. This is the first step."

When the Rangers open their

first AL Division Series since 2011, Gallardo (13-11, 3.42 ERA) will be on the mound Thursday in Toronto.

"To have this opportunity to start Game 1, it's a big accomplishment," he said.

Gallardo was 10 years old when the Rangers made their playoffs debut in 1996, winning the first of three AL West titles in four seasons. By the time they made their only World Series appearances in 2010 and 2011, Gallardo was pitching for the Milwaukee Brewers, who

took him in the second round of the 2004 amateur draft.

The Brewers traded Gallardo to his home team last winter and the 29-year-old started the opener, which like his first playoff appearance for the AL West champs was on the road.

"He's been a guy for us all year that has grinded out innings for us, has kept us in ball games," Rangers manager Jeff Banister said of Gallardo. "He's put us some consecutive innings of zeroes also."

THE ASSOCIATED PRESS

RECIPE Mediterranean Pasta with Basil and Artichokes



PHOTO: MAXA VISNIEI

Ceri Marsh & Laura Keogh
For Metro Canada

This dish is simple but roasting the veg gives it real depth of flavour.

Ready in 30 minutes
Serves 4

Ingredients

- 2 red peppers, seeded and cut into wedges
- 1 red onion, cut into wedges
- 3 cloves garlic, coarsely chopped
- 1 tsp brown sugar
- 2 Tbsp olive oil
- Salt and pepper to taste
- 3 small ripe tomatoes, quartered
- 1 can artichoke hearts, drained, rinsed, and quartered lengthwise
- Handful of fresh basil leaves
- 3 Tbsp of grated Parmesan
- 1/2 lb dry pasta

Directions

1. Preheat oven to 400 degrees. Scatter the peppers, red onion and garlic in a large roasting tin. Toss with sugar, oil and salt and pepper.
2. Roast for 15 minutes, toss in the tomatoes and artichokes and roast for another 15 minutes until everything is soft and golden brown.
3. While the vegetables are roasting, cook the pasta in a large saucepan of salted boiling water according to package instructions. Drain well.
4. Remove the vegetables from the oven, tip in the pasta and toss lightly. Tear the basil leaves on top and sprinkle with Parmesan cheese.

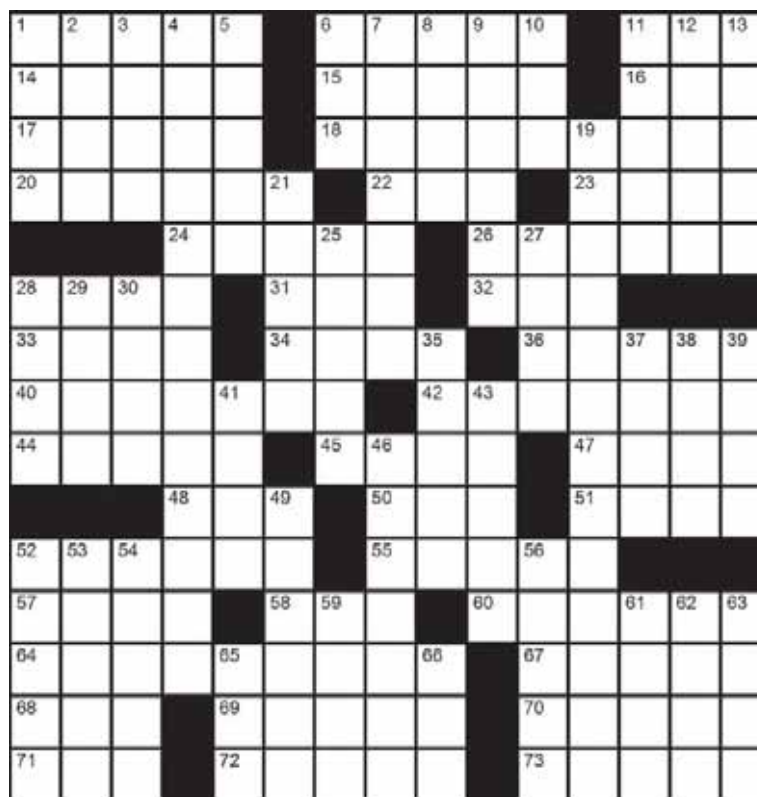
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Colour in a bouquet
6. "Fortune is painted blind, with a muffler _ her eyes..." - Shakespeare
11. Whiz
14. _ Arden (1864 poem by Alfred, Lord Tennyson)
15. Clear debt
16. Delivery vehicle
17. Intense
18. Indicator to a dinner party guest of where to be seated: 2 wds.
20. _ tires (Michelin products)
22. Le: English
23. It's buzzing with activity
24. '60s abstractionism: 2 wds.
26. Lunched
28. Red carpet design
31. _ Beta Kappa
32. Wife of Thor
33. Middle- _
34. _ up (Absorbs)
36. Streamlets
40. Took hours getting ready for the party
42. Make balanced: 2 wds.
44. Marsh grower
45. Cap- _ _ (From head to toe)
47. _ pants (Casual/fitness wear)
48. U.K. mil. service
50. Mariner's dir.
51. Foretoken
52. Self-defence developed in the Ryukyu archipelago



- (mainly Okinawa) of Japan meaning 'empty hand'
55. Concealed
57. Larger-than-life
58. Research paper, e.g.
60. Fruity frozen dessert

64. Pond's product: 2 wds.
67. Vacate
68. Winter water
69. Electrical pioneer Nikola
70. Facilitated
71. Hi- _ graphics
72. Tend the fire

73. Get garmented

- Thanksgiving: Joyeuse _ _ _
5. "Surrender" by _ Trick
6. Alsatian artist Jean
7. Marker's writing part
8. Moonfish

9. Fast track drivers
10. 1982 Alan Parsons Project hit: " _ in the Sky"
11. Be of service
12. Prepare the To-furky for serving
13. Wrapped up
19. Competitive series on Food Network Canada: 4 wds.
21. Memory mistake
25. Friend to Mary and Phyllis
27. W.B. Yeats' land
28. Openings
29. Troll
30. Garden intruder
35. River of Paris
37. Rug-making apparatus
38. Winter sport
39. Mr. Laurel of funny movies
41. Orderly
43. Swerves
46. Coach's rallying delivery: 2 wds.
49. Weasel relative
52. Fermented milk product
53. Speedily
54. Basmati and Wild
56. Dished out
59. Money in Mexico
61. Headquarters
62. Mark Twain story, _ Diary
63. "Bill & _ Excellent Adventure" (1989)
65. Belonging to Hartford's li'l state
66. "Maggie _" by The Beatles

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Like everyone you can be a creature of habit but at the moment you must strive to be more original. Create your own pathway to success.

Taurus April 21 - May 21
Don't waste your precious energy on people and situations that bring you no benefit. Your main priority now is to set yourself targets that pay off for you in the long-term, not for others in the short-term.

Gemini May 22 - June 21
You feel out of touch with what is going on around you. Everyone else seems to be tuned in to events that mean nothing to you. Don't worry, you are not missing much. Others envy you for being so independent.

Cancer June 22 - July 23
You will find it difficult to keep your nose out of other people's business today. You know what curiosity did to the proverbial cat, don't you?

Leo July 24 - Aug. 23
Money matters will figure prominently. There is a lot at stake at the moment, so do whatever it takes to maximize your profits and minimize your losses.

Virgo Aug. 24 - Sept. 23
You have done a lot of thinking over the past few weeks and you have come to a lot of conclusions about what you need to do to make your life more enjoyable. Now all you have to do is apply those conclusions to everyday activities.

Libra Sept. 24 - Oct. 23
For some reason you are taking certain things personally when, in reality, they have nothing to do with you at all. Get over yourself and get past the notion that the powers that be are ganging up on you. They're not.

Scorpio Oct. 24 - Nov. 22
It may seem as if everyone is being critical of you but that's an exaggeration. The only people questioning you are the ones who care for you the most. Listen to what they say.

Sagittarius Nov. 23 - Dec. 21
You may say that you don't care what the world thinks of you but deep down you do and cosmic activity in the career area of your chart will give you the chance to impress.

Capricorn Dec. 22 - Jan. 20
Something that never interested you before will grab your attention today and you will spend every spare moment trying to understand it. Others may think you have lost your mind but they don't see the possibilities you do.

Aquarius Jan. 21 - Feb. 19
You will find yourself thinking deeply about the big questions of life that most people tend to ignore. Does life have meaning? If so, what is it?

Pisces Feb. 20 - March 20
The only way you are going to get ahead is to co-operate — not just with friends and colleagues but with rivals too. Focus on what unites you, not on what keeps you apart.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



How's the news today?

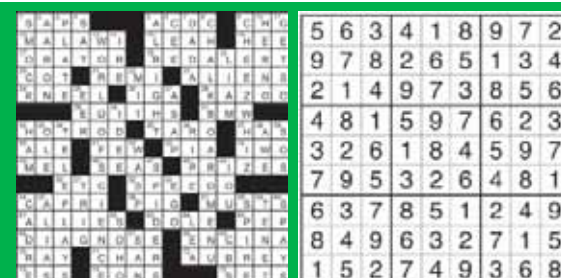
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- U Connect Hands-Free
- Bluetooth
- Fog Lamps
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WAS \$39,530 NOW \$27,347 OR \$167 BI-WKLY

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- Remote Start
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- U Connect Hands-Free



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